

FIG. 1

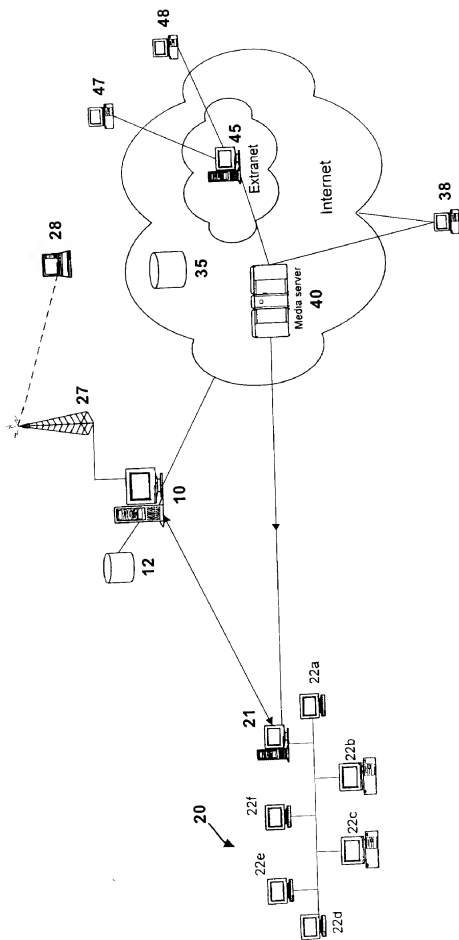
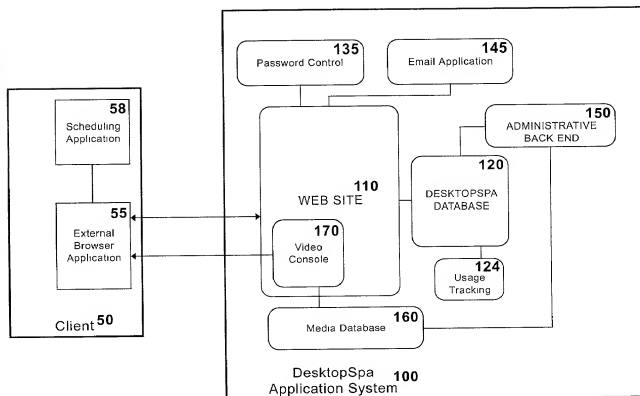


FIG. 2



09776997-061801

FIG. 3

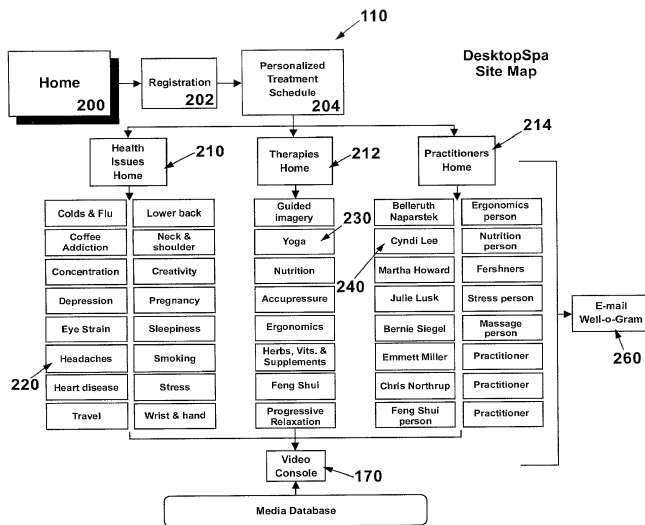


FIG. 4

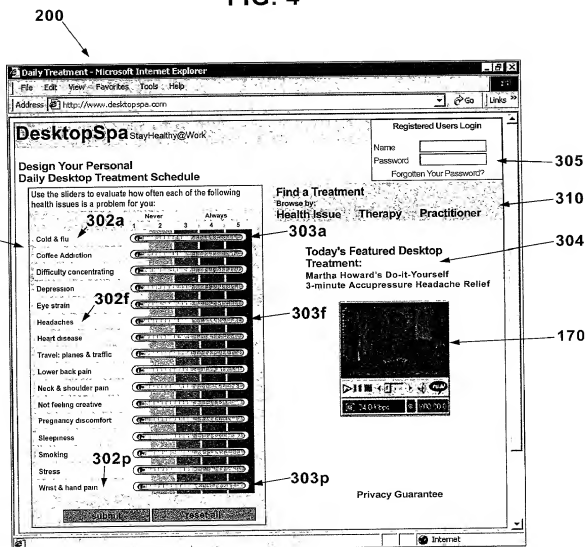


FIG. 5

202

desktopspa

Tell us About Yourself

☐ Female  
☐ Male  
Age

First Name  
Last Name  
Email Address  
Username  
Password  
Password again  
Corporate Code  
Social security #

Our Privacy Policy

Favorite Therapy (\*optional)  
☐ Acupuncture  
☐ Meditation  
☐ Tai Chi  
☐ Yoga

☐ Remember my ID and password so that I don't have to log in each time I visit this site  
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you )

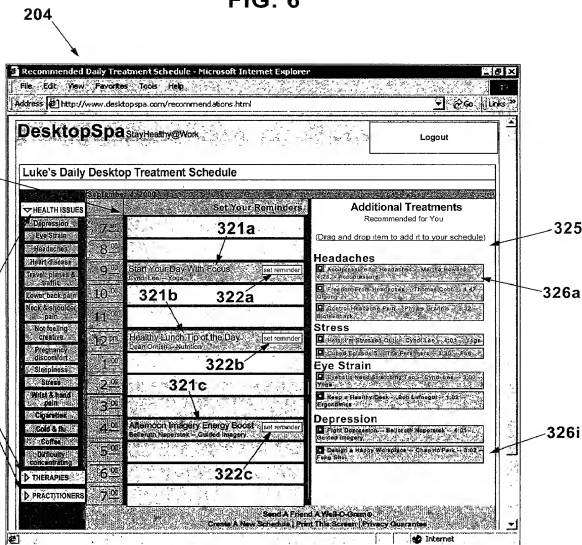
My connection speed is  
(What does this mean?)  
☐ 14.4 kbps  
☐ 56 k modem

I prefer  
☐ Real Video  
☐ Windows Media  
☐ Quicktime

Legal Agreement copy here.

☐ I Agree

FIG. 6



[illegible]

FIG. 7a

[illegible]

**FIG. 7b**

**Depression** (1/24/2017)

**Set Your Reminders**

**Additional Treatments**  
Recommended for You

(Drag and drop item to add it to your schedule)

**Set Your Reminders - Step 3**

You have scheduled a reminder for your Microsoft Outlook Reminders at 9am.

**Close and Return to Your Schedule**

**Reminders:**

- Start Your Day With Guided Lect - Yoga
- Healthy Lunch Tip: Deah Omis - Nutrition
- Afternoon Imagery Energy Boost: Beltrami Naparwak - Guided Imagery

**Depression**

**First Depression:** Beltrami Naparwak - 4:07

**Second Depression:** Beltrami Naparwak - 4:07

**Third Depression:** Beltrami Naparwak - 4:07

**Fourth Depression:** Beltrami Naparwak - 4:07

**Fifth Depression:** Beltrami Naparwak - 4:07

**Sixth Depression:** Beltrami Naparwak - 4:07

**Seventh Depression:** Beltrami Naparwak - 4:07

**Eighth Depression:** Beltrami Naparwak - 4:07

**Ninth Depression:** Beltrami Naparwak - 4:07

**Tenth Depression:** Beltrami Naparwak - 4:07

**Eleventh Depression:** Beltrami Naparwak - 4:07

**Twelfth Depression:** Beltrami Naparwak - 4:07

**Thirteenth Depression:** Beltrami Naparwak - 4:07

**Fourteenth Depression:** Beltrami Naparwak - 4:07

**Fifteenth Depression:** Beltrami Naparwak - 4:07

**Sixteenth Depression:** Beltrami Naparwak - 4:07

**Seventeenth Depression:** Beltrami Naparwak - 4:07

**Eighteenth Depression:** Beltrami Naparwak - 4:07

**Nineteenth Depression:** Beltrami Naparwak - 4:07

**Twentieth Depression:** Beltrami Naparwak - 4:07

**Twenty-first Depression:** Beltrami Naparwak - 4:07

**Twenty-second Depression:** Beltrami Naparwak - 4:07

**Twenty-third Depression:** Beltrami Naparwak - 4:07

**Twenty-fourth Depression:** Beltrami Naparwak - 4:07

**Twenty-fifth Depression:** Beltrami Naparwak - 4:07

**Twenty-sixth Depression:** Beltrami Naparwak - 4:07

**Twenty-seventh Depression:** Beltrami Naparwak - 4:07

**Twenty-eighth Depression:** Beltrami Naparwak - 4:07

**Twenty-ninth Depression:** Beltrami Naparwak - 4:07

**Thirtieth Depression:** Beltrami Naparwak - 4:07

**Thirty-first Depression:** Beltrami Naparwak - 4:07

**Thirty-second Depression:** Beltrami Naparwak - 4:07

**Thirty-third Depression:** Beltrami Naparwak - 4:07

**Thirty-fourth Depression:** Beltrami Naparwak - 4:07

**Thirty-fifth Depression:** Beltrami Naparwak - 4:07

**Thirty-sixth Depression:** Beltrami Naparwak - 4:07

**Thirty-seventh Depression:** Beltrami Naparwak - 4:07

**Thirty-eighth Depression:** Beltrami Naparwak - 4:07

**Thirty-ninth Depression:** Beltrami Naparwak - 4:07

**Fortieth Depression:** Beltrami Naparwak - 4:07

**Forty-first Depression:** Beltrami Naparwak - 4:07

**Forty-second Depression:** Beltrami Naparwak - 4:07

**Forty-third Depression:** Beltrami Naparwak - 4:07

**Forty-fourth Depression:** Beltrami Naparwak - 4:07

**Forty-fifth Depression:** Beltrami Naparwak - 4:07

**Forty-sixth Depression:** Beltrami Naparwak - 4:07

**Forty-seventh Depression:** Beltrami Naparwak - 4:07

**Forty-eighth Depression:** Beltrami Naparwak - 4:07

**Forty-ninth Depression:** Beltrami Naparwak - 4:07

**Fiftieth Depression:** Beltrami Naparwak - 4:07

**Fifty-first Depression:** Beltrami Naparwak - 4:07

**Fifty-second Depression:** Beltrami Naparwak - 4:07

**Fifty-third Depression:** Beltrami Naparwak - 4:07

**Fifty-fourth Depression:** Beltrami Naparwak - 4:07

**Fifty-fifth Depression:** Beltrami Naparwak - 4:07

**Fifty-sixth Depression:** Beltrami Naparwak - 4:07

**Fifty-seventh Depression:** Beltrami Naparwak - 4:07

**Fifty-eighth Depression:** Beltrami Naparwak - 4:07

**Fifty-ninth Depression:** Beltrami Naparwak - 4:07

**Sixtieth Depression:** Beltrami Naparwak - 4:07

**Sixty-first Depression:** Beltrami Naparwak - 4:07

**Sixty-second Depression:** Beltrami Naparwak - 4:07

**Sixty-third Depression:** Beltrami Naparwak - 4:07

**Sixty-fourth Depression:** Beltrami Naparwak - 4:07

**Sixty-fifth Depression:** Beltrami Naparwak - 4:07

**Sixty-sixth Depression:** Beltrami Naparwak - 4:07

**Sixty-seventh Depression:** Beltrami Naparwak - 4:07

**Sixty-eighth Depression:** Beltrami Naparwak - 4:07

**Sixty-ninth Depression:** Beltrami Naparwak - 4:07

**Seventieth Depression:** Beltrami Naparwak - 4:07

**Seventy-first Depression:** Beltrami Naparwak - 4:07

**Seventy-second Depression:** Beltrami Naparwak - 4:07

**Seventy-third Depression:** Beltrami Naparwak - 4:07

**Seventy-fourth Depression:** Beltrami Naparwak - 4:07

**Seventy-fifth Depression:** Beltrami Naparwak - 4:07

**Seventy-sixth Depression:** Beltrami Naparwak - 4:07

**Seventy-seventh Depression:** Beltrami Naparwak - 4:07

**Seventy-eighth Depression:** Beltrami Naparwak - 4:07

**Seventy-ninth Depression:** Beltrami Naparwak - 4:07

**Eightieth Depression:** Beltrami Naparwak - 4:07

**Eighty-first Depression:** Beltrami Naparwak - 4:07

**Eighty-second Depression:** Beltrami Naparwak - 4:07

**Eighty-third Depression:** Beltrami Naparwak - 4:07

**Eighty-fourth Depression:** Beltrami Naparwak - 4:07

**Eighty-fifth Depression:** Beltrami Naparwak - 4:07

**Eighty-sixth Depression:** Beltrami Naparwak - 4:07

**Eighty-seventh Depression:** Beltrami Naparwak - 4:07

**Eighty-eighth Depression:** Beltrami Naparwak - 4:07

**Eighty-ninth Depression:** Beltrami Naparwak - 4:07

**Ninetieth Depression:** Beltrami Naparwak - 4:07

**Ninety-first Depression:** Beltrami Naparwak - 4:07

**Ninety-second Depression:** Beltrami Naparwak - 4:07

**Ninety-third Depression:** Beltrami Naparwak - 4:07

**Ninety-fourth Depression:** Beltrami Naparwak - 4:07

**Ninety-fifth Depression:** Beltrami Naparwak - 4:07

**Ninety-sixth Depression:** Beltrami Naparwak - 4:07

**Ninety-seventh Depression:** Beltrami Naparwak - 4:07

**Ninety-eighth Depression:** Beltrami Naparwak - 4:07

**Ninety-ninth Depression:** Beltrami Naparwak - 4:07

**Hundredth Depression:** Beltrami Naparwak - 4:07

**FIG. 7c**

FIG. 8

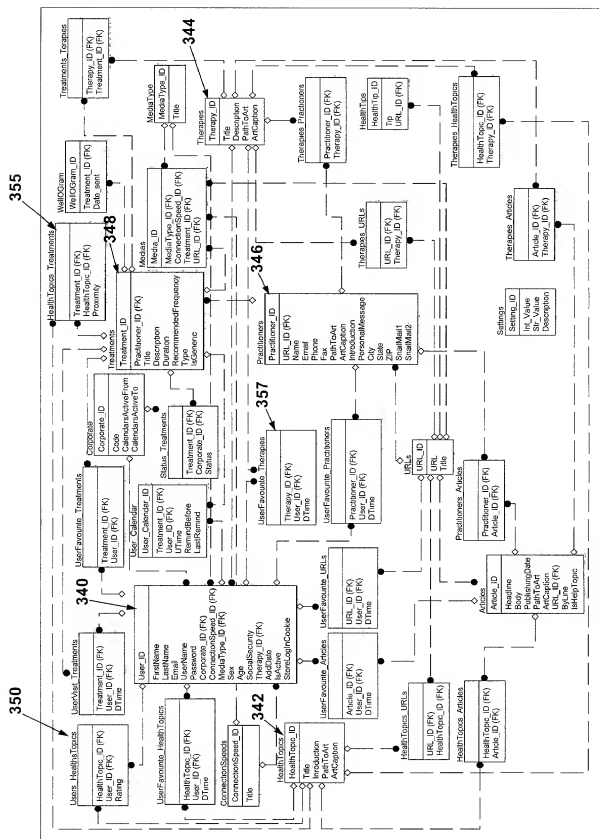


FIG. 9

260

## Well-o-Gram

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

Send Well-o-Gram

220



FIG. 11

230

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.desktopspa.com/yoga.html> Go Links

**DesktopSpa** [Stay Healthy @ Work](#) [Back to Your Schedule](#)

**YOGA**

Treatment	Practitioner	Duration	Health Issue	Reminder
Help! I'm stressed out!	Cyndi Lee	4 01	Stress	ADD
Cats & Cows @ the Office	Cyndi Lee	3:23	Lowerback pain	ADD
Cyndi's 2-minute Keyboard Break	Cyndi Lee	2 04	Wrist & hand pain	REMOVE
Apni Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD
Yoga for the Frequent Flier	Cyndi Lee	5 43	Travel	ADD
Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD
Cyndi's Smoke Break	Cyndi Lee	2 34	Cigarettes	ADD
Eyeballs Need Stretching	Cyndi Lee	3:00	Eye strain	REMOVE
Breath & Focus	Cyndi Lee	1 34	Difficulty concentrating	REMOVE
Wrist Rolls (Aren't Sushi)	Julie Lusk	3:32	Wrist & Hands	ADD
Yoga on the Go	Julie Lusk	5 01	Travel	ADD
Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD
Create a Life Not a Lifestyle	Julie Lusk	4 01	Stress	ADD

Therapies Home

Send A Friend A Well-O-Gram

ABOUT YOGA  
What is Yoga and How Can it Help You?  
Breathing: It's More Important Than You Think  
Additional Yoga Resources  
Meet Our Yoga Practitioners

Internet

09776997-061801

FIG. 12

240

Practitioner: Cyndi Lee - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.desktopspa.com/cyndi/lee.html

DesktopSpa Stay Healthy @ Work Back to Your Schedule

## OM Yoga with Cyndi Lee

Treatment	Duration	Health Issue	Reminder
Help! I'm stressed out!	4:01	Stress	ADD
Cats & Cows @ the Office	3:23	Lower back pain	ADD
Cyndi's 2-minute Keyboard Break	2:04	Wrist & hand pain	REMOVE
4pm Yoga Energy Boost	3:34	Sleepiness	ADD
Yoga for the Frequent Flier	5:43	Travel	ADD
Yoga for Freeway Traffic Jams	3:24	Travel	ADD
Cyndi's Smoke Break	2:34	Cigarettes	ADD
Eyeballs: Need Stretching Too	3:00	Eye strain	REMOVE
Breathe & Focus	1:34	Difficulty concentrating	ADD

Who is Cyndi Lee?

What's OM Yoga?

How can Cyndi help me at the office?

E-mail a question to Cyndi

Practitioners Home

Send A Friend A Well-O-Gram

HEALTH ISSUES

THERAPIES

PRACTITIONERS

- Belakubh
- Nonnah
- Cyndi Lee
- Mirka Howard
- Julie Taylor
- Bonni Segal
- Emmet Miller
- Chick Northrup
- Kang Shi
- Person
- Egonovitch
- Person
- Nathan
- Person

Internet

09775997-051801

FIG. 13

400

Welcome administrator! Select a tool.

Practitioner Tools

Add | Edit | Delete

Treatment Tools

Add | Edit | Delete

Therapy Tools

Add | Edit

Article Tool

Add | Edit

User Tool

Mailing Lists

Special Topic

Health Tip

Quote of the Day

URL Tool

Corporate Tools

Add | Edit

405

FIG. 14

410

## Add a Treatment

Associate this treatment with these therapies

Yoga  
Guided Imagery

411

Massage

Practitioner  [Add a Practitioner](#)

Title

Description

412

413

414

Related Health Topics

Never ----- Always

•Headaches ☐ ☐ ☐ ☐ ☐ 415

•Smoking ☐ ☐ ☐ ☐ ☐

•etc... ☐ ☐ ☐ ☐ ☐

This treatment is only for this corporation  416

Duration   417

Recommended Frequency  418

This treatment is a ☒ video clip ☐ audio clip

URL of Media

419

[Edit an Existing Treatment](#)
[Delete an Existing Treatment](#)

08776997-061801

FIG. 15



420

### Add a Treatment

Associate this treatment with these therapies

Yoga

Guided Imagery

Massage

Practitioner 

Belleruth Naparstek

[Add a Practitioner](#)

Title 

Lorum ipsum

Description 

Lorem ipsum dolor sit amet

Related Health Topics

Never ----- Always

•Headaches ☐ ☐ ☐ ☐ ☐

•Smoking ☐ ☐ ☐ ☐ ☐

•etc... ☐ ☐ ☐ ☐ ☐

Priority

Duration

Recommended Frequency

URL of Video 

Browse...

Change Treatment

Exit Without Modifying

Home

Edit an Existing Treatment

Delete an Existing Treatment

treatment titles here

treatment titles here

Delete It

09776997-061801

FIG. 16

430

**User1** Last Login: mm:dd:yy hh:mm [Send this user an email](#)

First Name

Last Name

Email Address  [View User1's Schedule](#)

Username

Password

Favorite Treatment

Date Joined 10/17/00 This User is Currently Active [Make Inactive](#)

434

Health issue 1 ☐

Health issue 2 ☐

Health issue 3 ☐

Health issue 4 ☐

Health issue 5 ☐

Health issue 6 ☐

432

Mailing Lists Subscribed to:  
none

[Exit Without Saving](#) [Delete User](#) [Save changes](#) [Home](#)

09776997-061801

FIG. 17

440

### Corporate Tool

Corporate code

Users' calendars should be active

From this hour   AM

To this hour   AM

☒ No reminders please

Ban the following treatments

446

Treatment 1  
Treatment 2

>

<

Headache-be gone!

Specially promote the following treatments

448

Treatment 1  
Treatment 2

>

<

Sinus rub

Our logo

[Edit an Existing Corporation](#)
[Delete an Existing Corporation](#)

108790.2669768